

What is claimed is:

1. A system for providing a multi-media alarm, comprising:  
a publicly accessible network;  
5 a user interface in communication with the publicly accessible network;  
a handheld timing device in communication with the user interface, the timing  
device being configured to track a universal time and harvest a user selected media  
that is played in a programmed order with a selected commercial media at a user  
determined time through the handheld timing device.  
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2. The system of claim 1 wherein the media comprises an audio and a video  
content.
3. The system of claim 1 further comprising a transceiver interfaced to the timing  
15 device.
4. The system of claim of claim 3 wherein the transceiver is tuned to receive a  
broadcast containing a Coordinated Universal Time signal.
- 20 5. The system of claim 4 wherein the timing device and the transceiver are a  
unitary device.
6. The system of claim 1 further comprising an audio output and a display that  
play the user and the commercial selected media, the output and display being a  
25 unitary part of the timing device.
7. The system of claim 6 wherein the timing device is further configured to  
translate the user and the commercial selected media into a progressive alarm.
- 30 8. The system of claim 1 further comprising a Host Site in communication with  
the publicly accessible network, wherein the Host Site is configured to combine the  
user selected media with the commercial selected media while downloading the user  
selected media with the commercial selected media into the timing device.

9. The clock of claim 1 further comprising a Host Site interfaced to the publicly accessible network, wherein the Host Site and the timing device are configured to program the time and an alarm in the timing device.

5 10. The clock of claim 9 further comprising a speech synthesizer that is a unitary part of the timing device.

11. The clock of claim 9 further comprising a closed captioning system that is a unitary part of the timing device.

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12. The clock of claim 1 wherein the timing device comprises an atomic clock.

13. The clock of claim 1 wherein the timing device is configured to access a DumpSite selected by at least one of a content provider, a commercial provider and a user, after playing the media.

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14. The clock of claim 1 wherein the timing device is configured to filter the user selected media by removing selected media.

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15. The clock of claim 14 wherein the harvested media is stored in memory dispersed across the Internet.

16. The clock of claim 1 wherein the timing device is configured to complete sweepstakes entries by entering data into sweepstakes forms.

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17. The clock of claim 1 wherein the handheld timing device comprises a computer.

18. The clock of claim 1 wherein the timing device is further configured to play multimedia that provides long-term impact on at least one of a user's state, arousal, and consciousness.

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19. An Internet clock, comprising:  
a publicly accessible network;  
a Host Site in communication with the publicly accessible network;  
a handheld timing device in communication with the user interface, the timing  
5 device being configured to track universal time and harvest a user selected audio and  
visual addresses through the Host Site, the timing device further comprising a media  
player configured to play the audio and visual information by accessing the audio and  
visual addresses and playing audio and visual information in a programmed order  
with a selected commercial media at a predetermined time in a real time.
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20. The Internet clock of claim 19 further comprising a voice recognition circuit  
interfaced to the Host Site that recognizes and executes spoken commands.
21. The Internet clock of claim 19 wherein the timing device further comprising a  
15 sweepstakes module configured to complete sweepstakes entries by receiving data  
and entering data at a Sweepstakes Site.
22. A method of playing selected video and audio at a desired time, comprising:  
programming a desired launch time;  
20 interfacing with a publicly accessible network at the desired launch time;  
harvesting the publicly accessible network for a user selected media;  
combining the user identified media with a commercial media;  
playing the combined user identified media with the commercial media  
through a standalone handheld timing device at a programmed time in a progressive  
25 process; and  
interfacing with the handheld timing device to a Site on a publicly accessible  
network after the media is played.
23. The method of claim 22 further comprising connecting to a Host Site; entering  
30 personal data and interface parameters; retrieving sweepstakes forms; and completing  
the sweepstakes forms at a programmed time.